



## **Tipton County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Tipton County School System in 2000 .

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Tipton County School System that includes:

- School Health Advisory Committee
- Thirteen Healthy School Teams
- There have been no School Health Policies strengthened or approved since 2009-2010 school year.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 30,000.

Community partnerships have been formed to address school health issues. Current partners include:

- |   |                                       |
|---|---------------------------------------|
| ➤ Juvenile Court – Foster Care Review Team          | ➤ Alliance for a Healthier Generation |
| ➤ Community Health Council                          | ➤ Confidential Care for Women         |
| ➤ Project Play                                      | ➤ UT Extension Agency                 |
| ➤ Tipton County Anti-Drug Coalition                 | ➤ Adult Literacy                      |
| ➤ TNCEP/SAVE Students Against Violence in Education | ➤ Total Leadership Project Excel      |

### **Parent and Student Involvement Developed**

Currently, 16 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Brighton High School HOSA students who used obesity as their focus this year. Approximately 40 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Tipton County Schools, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2287 / screened and 238 / referred;

Seventy-nine percent of students have been seen by a school nurse and returned to class (21,171 visits / 16,678 returned to class);

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

School Year	% of Obese Students
2005-06	25%
2007-08	22%
2009-10	19%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include fitness room equipment, weight room equipment, middle school health books, balance balls, BES walking track, DDR equipment, climbing walls, Wii for health classes, playground equipment, health books, skeletons, heart and brain models, vision and hearing equipment, blood pressure screening equipment, Cholestech LDX and materials, and heart rate monitors;

Professional development has been provided by school health staff for counselors and physical education teachers. Examples include Adventure Works for all physical education staff, staff wellness for counselors and social workers, physical education teachers attended TAHPERD and AAPHERD;

School faculty and staff have received support for their own well-being through cholesterol screenings, flu vaccinations, health information in monthly news letter, Christmas gift basket, and walking programs.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – full time health teachers at the middle schools implementing Michigan Model, Learn To Be Healthy program by Lebonheur, and Power U program;
- Physical Education/Physical Activity Interventions – updated physical education equipment, in-service activities, and addition of fitness rooms;
- Nutrition Interventions – continued work on healthy snacks especially in high schools;
- Mental Health/Behavioral Health Interventions – counselor and social worker in-services conducted.

In such a short time, CSH in the Tipton County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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